

# HOLLAND LAKE



## American Heart Month: Know the ABCS of Heart Health

### BLACK HISTORY MONTH

The month of February is a time to honor the achievements of Black Americans in U.S. history. Since its first observance in 1970 at Kent State University, Black History Month (also known as African American History Month) has evolved into a country-wide celebration.

#### Did you know...

The first Black American to win the Academy Award in 1963 for Best Actor was Sidney Poitier.

Lonnie G. Johnson, American inventor and aerospace engineer, invented the Super Soaker, the iconic water toy in 1989.

Beyoncé holds the record for the most Grammy wins by a female artist, with 35 awards as of 2025, solidifying her status as a music icon.

Every year, Americans suffer more than 1.5 million heart attacks and strokes. The good news is that you can help reduce your risk and improve your heart health by following the ABCS:



**A:** Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke.



**B:** Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are and work with your health care professional to lower it.



**C:** Manage your cholesterol. Cholesterol is a waxy substance produced by the liver and found in certain foods. Your body needs cholesterol, but when you have too much, it can build up in your arteries and cause heart disease. There are different types of cholesterol: One type is "good" and can protect you from heart disease, but another type is "bad" and can increase your risk. Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high.



**S:** Don't smoke. Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit. Visit [smokefree.gov](http://smokefree.gov) or call 1-800-QUIT-NOW today.

Source: [millionhearts.hhs.gov](http://millionhearts.hhs.gov)



## HAPPY BIRTHDAY

### RESIDENTS

Jimmy R	2/8
Jean S	2/11
Margaret G	2/15
Allan R	2/18
Mildred G	2/20
Cynthia J	2/21
Rodney C	2/26

### STAFF

Unice J	2/3
Alisa B	2/5
Korey V	2/7
Carrol H	2/14
Jennie R	2/14
Stephanie D	2/16
Alexis W	2/20
Gabriella L	2/21
Jettie W	2/21
Temmy A	2/24
Lynn D	2/24
Mary M	2/27

## Special Events

Ground Hog Day



Super Bowl



Valentine's Day



Presidents Day

## A Letter from the Administrator

Welcome February – wow that's hard to believe! We have been busy winding up the Christmas season and getting everything packed back up and stored. If you have Christmas decorations in your loved ones room, please join in getting everything down. We had a great time and hope that you and your family had a wonderful holiday season.

Now it's time for Valentine Fun! We are working on a Valentine Picture Wall for our Residents and Staff. If you have a picture of your loved one that you would like to share, please drop off a copy or email to [veronica.johnson@healthmarkgroup.com](mailto:veronica.johnson@healthmarkgroup.com) and we will print one out for you. Be looking for this special display.

As an FYI, we utilize Cliniconex as an online messaging forum for our Families and

Responsible parties. Messages go out in text and phone message form. It will usually look like a local phone number.

One last reminder, Holland Lake Rehabilitation and Wellness Center is a non-smoking facility, including all vape devices. This includes both inside and outside. Any smoking or lighting devices will be removed and returned upon discharge.

Join us in congratulating our December Star of the Month, Susan Robertson (Housekeeping Department) and Amanda Contreras, our first HMGU Scholarship Graduate from RN school! We are so proud of both of these ladies.

Have a great month!

**– Donna Tillman,  
Administrator**

## Activity Photos Highlights



## Activity Photos Highlights cont.



## EMBROIDERY MONTH

Embroidery is a craft most notably mastered by the early Egyptians, as well as the Chinese in the Zhou Dynasty of China. Studies show that this art may have also existed in primitive cultures in many parts of the world. From generation to generation, the art of stitching has evolved and reached a new height in popularity among hobbyists.

Most of the time, embroideries are made for use in clothing and other household furnishes. In the early days, the type of embroidery and the fabric that was used indicated a certain economic level relative to society. While this craft is now more accessible today than ever, it remains as a productive hobby all the same.



All types of embroidery started with hand embroidery. From this, many other techniques were invented, such as machine embroidery, weaving, cross-stitching, and many more. Today there are millions of hobbyists that are fond of hand embroidery. To get started, all you need is a thimble, fabric, thread, a pattern, and a variety of needles!



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### ADMINISTRATIVE STAFF

Donna Tillman

ADMINISTRATOR

Rhonda Edwards, RN

DIRECTOR OF NURSING

Devin Saavedra, LVN

ASSIS. DIRECTOR OF NURSING  
(WEST)

Perla Ortiz, LVN

ASSIS. DIRECTOR OF NURSING  
(EAST)

Jennie Ruddy, LVN

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Shelli Wilson, LVN

MEDICAL RECORDS/STAFFING

Janna Blumentritt

SOCIAL SERVICES DIRECTOR

Veronica Carter

ACTIVITY DIRECTOR

Helen Jackson

BUSINESS OFFICE MANAGER

Danielle Roque

DIRECTOR OF TALENT AND  
LEARNING

Robin Watson

DIRECTOR OF REHAB

Teresa Atkins

DIRECTOR OF BUSINESS  
DEVELOPMENT



Stay connected.

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**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

WORD LIST
COPLES
EMBROIDERY
EXERCISE
HEALTH
HEART
HISTORY
KINDNESS
LIFESTYLE
LOVE
MATCH
NEEDLEWORK
PINK
RED
RISK
VALENTINE

O C S Z X K O K W Z D H V J E  
D R X V N E E D L E W O R K E  
N V O I U O H N R K H J E I A  
D A P R T Z Y M A T C H X L T  
Q R R G V A L E N T I N E D Q  
R H E A R T Z Y Z H Q X R F H  
D I P X H E A L T H P E C X V  
B S S L I F E S T Y L E I Y T  
D T Y K X K I N D N E S S H M  
O O F O I A I V U K U S E Y D  
M R A U E M B R O I D E R Y T  
I Y E C O U P L E S T P F X V  
Z I O H Q N D O V P N O O V O  
E O R L O V E V T I X H D P H  
C O Q F I T L W H Q C A K N G